



### Judith Blackstone: The Resilience Process



Judith Blackstone is an author, psychologist and teacher in contemporary fields of nondual realization as well as spiritual, relational and somatic psychotherapy. This session explores fundamental consciousness through breath.

**TOP EMBODIMENT TIP:** Dwell in the place you feel most comfortable.

#### Fundamental Consciousness: Knowing Yourself as a Subtle Dimension of Consciousness

- Mind-body ground level consciousness to the whole environment. Uncover intrinsic internal being and transcend. -
- Effective for psychological healing and spiritual realization.

#### Walkthrough Body meditation: Feet to Lower Legs, Knees to Hips, Pelvis, 3-Part Torso, Arms, Neck, Head and Beyond

- Balance your awareness with stillness and rest thinking thoughts on your breath. Live inside each body part, soften, and allow the breath to adjust to the destination. Refine the mind and go inside; go to the internal space with the stillness of consciousness
- Tune into the quality of your gender, **move through the quality of gender**, allow to inhale breath to lift upward
- Little feelings of tenderness sitting at the heart, feel the stillness of a balanced mind, tune to the quality of self, quality of voice, feel the fullness of the forehead and experience a light or a stream of light to the third eye. Inhabit the brain and internal territory of the brain, let your breath release and move through the body, wherever it wants to go.
- Tune to the whole quality of self, find the outside of your body and experience inside and outside as a one-dimensional space. With eyes open, feel the whole body, with the fine consciousness already there, solid and permeable, **LET THE SPACE do the hearing**, disenabled hearing, same with visual as if the space itself is doing the seeing.

#### 3 point meditation: Center of the Brain, Heart and Pelvis

- Breath from each point separately and gradually breath from all three points.
- Inhale from the internal point and exhale from outside the body within.
- Goal: Live with eyes open, meditate with eyes open.

#### Resources

- ❖ **Books:** [Trauma and the Unbound Body: The Healing Power of Fundamental Consciousness](#) / [The Realization Process: A Step-by-Step Guide to Embodied Spiritual Awakening](#) / [Belonging Here: A Guide for the Spiritually Sensitive Person](#) / [The Empathic Ground](#) / [The Intimate Life](#) / [Enlightenment Process: A Guide to Embodied Spiritual Awakening](#) / [The Self-Acceptance Project](#) / [Being Called: Scientific, Secular, and Sacred Perspectives \(Psychology Religion and Spirituality\)](#)
- ❖ **Courses:** [realizationprocess.org](http://realizationprocess.org)
- ❖ **Website:** [realizationprocess.org](http://realizationprocess.org)
- ❖ **Social:** [Facebook](#)

## Judith Blackstone





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**Philip Shepherd** is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

**The Embodied Present Process** is a unique, gentle, far-reaching series of practices that illuminate those hidden limitations within the body, undo their hold, and newly sensitize you to the present. Discover how an embodied meditation can open you to a whole-body experience of the present in just a few minutes. This transformative practice is one of more than a hundred practices developed by Philip Shepherd, and offers an inner journey you can navigate again for yourself at any time.

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